HOW TO SUPPORT YOUR CHILD DURING ANGRY OUTBURSTS

❤️ **Stay Steady –** Your calm is their anchor.
Say to yourself: "This is stress. Pause. Breathe. I can handle this."
You don't need to fix it immediately. You just need to not join the storm.

❤️ **Name the feeling**: For example, "It looks like you're really angry right now."
Why: Naming feelings helps kids feel seen and start to calm.

❤️ **Use a calm tone and open body language**.
Why: Kids borrow our calm — or our chaos.

❤️ **Hold safe limits**: For example, "I won't let you hit."
Why: Calm + boundary = emotional safety.

❤️ **Offer space with connection:** For example, "I'm nearby when you're ready."
Why: Staying close helps your child feel safe and seen. Sending them away leaves them alone with big feelings, forming beliefs like "I'm bad" or "I'm only loved when I'm good."

❤️ **Give physical outlets:** Stomp feet, squeeze a pillow, throw soft balls, run outside, jump, shake arms, punch pillows, scribble. For teens: walk, music, cold water on hands.
Why: Movement = nervous system reset.

❤️ **When calm: help them put words to it.** For example, "What felt really hard?" "Did something feel unfair?" "What would have helped you?"
Why: Naming feelings builds emotional awareness and trust. It helps children feel understood and teaches them that emotions can be expressed safely, not acted out.

❤️ **Problem-solve together:** For example, "Next time, what could we try?" or "Let's make a plan for big feelings."
Why: Involving your child builds confidence and cooperation. They learn that challenges can be worked through together, not battled alone.

❤️ **Repair:** If you lost it too, try: "I got overwhelmed. Let's start again." or "Do you see what happened? We both had big feelings and threw them at each other. That didn't feel good — shall we try another way?"
Why: Modelling repair teaches emotional maturity better than any punishment ever will. When you own your part — shouting, walking off, reacting — you show your child how to take responsibility too. This builds trust and helps conflicts resolve more quickly.

❤️ **Reconnect:** After the storm, offer proof they are still loved — a cuddle, sitting together, or a few moments of quality time. Try, "I love you. We're okay."
Why: Reconnection repairs safety and strengthens your bond. It reminds your child that love is constant, even when emotions run high.

Remember: Anger isn't bad, it's just overwhelm. Kids act out when they feel powerless. Connection works better than punishment, and shame only shuts people down.